Turfed T.O. mayor vows fight

Rob Ford says he will appeal a judge's ruling to vacate his seat for breaking conflict-of-interest rules PAGE 4

MAKING A HOBBIT OF SPECIAL EFFECTS

PETER JACKSON'S NEW ZEALAND STUDIO IS AT THE HEART OF HIS EPIC FILMMAKING EMPIRE PAGE 7

SASKATOON metro®

Tuesday, November 27, 2012

News worth sharing.

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Postcards challenge expected changes to labour legislation

Sending a message.
Union says province's 3-month consultation period not long enough

JANE CAULFIELD
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A union representing 12,000 workers in Saskatchewan stuffed the government's mailbox with nearly 2,000 postcards yesterday.

But these postcards aren't bringing greetings from a tropical vacation — members from the Service Employees International Union–West (SEIU–West) handed over the protest postcards at the Saskatoon cabinet office on Monday expressing concerns about expected changes to labour legislation.

"We have no problem with fixing essential services. We have no problem with reviewing labour legislation," said union president Barbara Cape. "But we think it should be done in a more widespread, encompassing manner so that everybody gets a chance to be involved in the conversation."

Cape said there will be harsh consequences for workers if new labour legislation is passed too quickly and a three-month consultation period with unions and workers wasn't long enough.

The province has been working to fix its essential-services legislation after a Queen's Bench judge ruled in February that current law was unconstitutional. While examining this particular legislation the ministry made plans to overhaul 15 separate pieces of workplace-related laws in one omnibus labour bill, expected to be introduced in legislature later this fall.

The ministry said listening to concerns are necessary when writing new legislation, especially to avoid or address what Labour Minister Don Morgan called "unnecessary consequence."

"We urge everyone to wait and hear the bill when it is presented," said Morgan.

Cape said there are a lot of people who still don't know how the changes would affect them.

"Young workers, marginalized workers just do not have the opportunity to participate in these labour changes, and they're going to be the folks most impacted by these, so ... our government needs to step back and really give them a chance to have their voice heard." **WITH FILES FROM THE CANADIAN PRESS/CJWW**

Follow Jane Caulfield on Twitter @janecaulfield

The union

- SEIU–West represents workers in health care, education, municipalities, community-based organizations and retirement homes.

Barbara Cape, president of Service Employees International Union–West, stands in front of a crowd of union members outside of the Saskatoon cabinet office on Monday. The union presented thousands of protest postcards to the government expressing concerns over expected changes to labour legislation.
JANE CAULFIELD/METRO

Court ruling struck down labour law

Province readies appeal

The Saskatchewan Court of Appeal will start hearing arguments Tuesday on a lower-court ruling that found the province's essential-services law unconstitutional.

Labour Minister Don Morgan says the ruling broke new ground when it stated there is charter protection for the right to strike.

Morgan says the province wants to respect the right of unions to organize, but it doesn't want the right to strike enshrined in the Constitution.

He also says the ruling could impact how legislation is drafted across Canada.

The essential-services legislation was introduced in December 2007 shortly after the Saskatchewan Party won its first provincial election.

The Saskatchewan Federation of Labour, representing about two dozen plaintiffs, challenged the law. **THE CANADIAN PRESS**

Growing school divisions get $6.6M from province

Minister of Education Russ Marchuk speaks to reporters at the Saskatoon Public School Division on Monday morning. Marchuk was in Saskatoon to announce $6.6 million in mid-year funding for eight school divisions alongside an additional $800,000 for 40-50 relocatable classrooms. MORGAN MODJESKI/METRO

Education. Saskatoon, Warman, Martensville represent over 50% of enrolment growth

MORGAN MODJESKI
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To help accommodate growth in student enrolment, the province announced $6.6 million in mid-year funding for eight school divisions in Saskatchewan.

Two divisions in Saskatoon, the Saskatoon Public School Division and the Greater Saskatoon Catholic Schools, will receive roughly $4.3 million — with roughly $1.7 million going to Catholic schools and $2.6 million to public schools — and administration says the money will go back into the classroom.

"The money will go directly towards additional teaching staff, English as an additional language support, maybe textbooks — those kinds of things," said Ray Morrison, board chair for Saskatoon Public Schools. "But our intent would be to put it right into the classroom."

Diane Boyko, board chair of Saskatoon's Greater Catholic School Division, said the announcement was good news, adding growth has presented obstacles.

"We're happy … we had 623 extra students this year and that presented a lot of challenges," said Boyko.

The remainder of the $6.6 million will be distributed to six other school divisions in the province, including the Regina Catholic School Division, which received roughly $561,000.

According to Education Minister Russ Marchuk, the funding is a short-term solution, as the province is looking at a new process where funding is based on current-year enrolment, rather than enrolment numbers from the previous year.

"Where you have periods of exceptional growth like we're experiencing in Saskatchewan, we need to consider a different process," said Marchuk.

More classroom space

Alongside the $6.6 million, the province also announced $800,000 for 40 to 50 new relocatable classrooms ready for the 2013-14 school year.

Man denied chemo

Province wants review of refugee health cuts

Saskatchewan Health Minister Dustin Duncan wants the federal government to review its decision to cut health benefits to refugee claimants.

Duncan is sending a letter to Immigration Minister Jason Kenney seeking clarification of changes announced in the spring as well as a review of the policy.

The move comes after the federal government denied chemotherapy to a refugee claimant in Saskatoon.

Duncan says he believes the case meets Ottawa's own guidelines of urgent and essential care, so the chemotherapy should have been covered.

The federal government has said the changes are meant to deter bogus refugee claims and ensure that failed asylum seekers don't take advantage of Canada's free health care.

Saskatchewan has picked up the tab for the man's chemotherapy.

THE CANADIAN PRESS

Rash of stolen vehicles

SUV stolen from local dealership found in B.C.

RCMP say one of the vehicles that was stolen from a Saskatoon auto dealership has been found in B.C.

Mounties in Kelowna say they found the white SUV in the driveway of a residence when they went to investigate a 911 call that ended with the person hanging up.

A 33-year-old Saskatchewan man has been arrested.

Police say several vehicles were stolen from dealers in Saskatoon last month and that businesses in Wilkie and Rosetown faced similar thefts.

THE CANADIAN PRESS/CBC

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Saskatoon.ca looking to get a $1.15-million makeover

'Front door to the world'. City administration hoping a website makeover will better reflect one of Canada's fastest-growing cities

JANE CAULFIELD
jane.caulfield@metronews.ca

Saskatoon continues to be one of the fastest-growing cities in the country, but Saskatoon.ca seems to be stuck in the Internet Dark Ages.

So city administration has requested the financing of a two-year, $1.15-million makeover for the city's website.

"It's really our front door to the world," said city manager Murray Tolland to city council Monday night. "Our current website has drawn some pretty negative responses."

Tolland said administration isn't entirely sure what the actual cost will be; numbers provided through consultations during Phase 1 of the rebuild project are an estimate.

Council approved sending the request for approval by the city's budget review, which will be meeting Dec. 4 and 5.

Software design

Effective websites

Recently, Vancouver rolled out a $3-million website, which took three years to build. Hamilton city council declined a $2.4-million budget in January but approved $575,000 in June.

According to Ryan Lejbak, CEO at Zu.com, a Saskatoon-based website- and software-design firm, there are three key aspects one should remember when designing an effective website:

1. The website should engage citizens with two-way conversations, where people can express ideas and concerns and the city can respond accordingly.

2. According to Lejbak, forecast numbers for 2013 see more users accessing the Internet via mobile devices than a desktop computer, meaning that a new website must be mobile-friendly.

3. Lejbak said a new website should look at increasing user-friendliness by providing more municipal services online.

City manager Murray Tolland addresses city council Monday night about financing a facelift for the city's website. The estimated cost is $1.15 million.
JANE CAULFIELD/METRO

Holiday drives crucial in helping city's less fortunate

Students from Princess Alexandra hard at work at the Saskatoon Food Bank and Learning Centre in late October. Now, over the winter months, the Food Bank and organizations like it are looking to the public for donations to help care for the city's less fortunate. CONTRIBUTED

With winter weather here to stay, local organizations supporting Saskatoon's vulnerable communities are ramping up their campaigns for the holiday season.

Laurie O'Connor, executive director of the Saskatoon Food Bank and Learning Centre, said the organization kicked off its Tree of Plenty campaign on Monday, adding it's one of the most important drives of the year.

"It raises probably over a third of our budget over the year, so it's absolutely vital for us and vital to the people who use the food bank," said O'Connor.

"We try to provide two to three days' worth of food in our food baskets — so, really, that's not very much — and we rely on donations from individuals and corporations to be able to provide that food, so we're really looking to stock our shelves and keep ourselves going throughout the course of rest of the year," she said.

Others like Maj. Malba Holliday, executive director of community services with the Salvation Army, which launched its Christmas Kettle Drive on Nov. 15, said they too are looking to the public for donations.

Holliday explained the kettle drive is important as it goes toward funding a variety of services provided by the Salvation Army, including buying food for its Christmas hampers.

"It's vital really to get that food in and help those in the community," said Holliday. "It's not just the homeless obviously that we deal with; these are the working poor as well and those that just don't have enough to stretch the budget that little extra bit."

MORGAN MODJESKI/METRO

The gift of giving

One of the province's leaders in natural-resource development will also be lending a helping hand to food banks across Saskatchewan.

- **Dollar-for-dollar.** PotashCorp announced Monday it would be matching donations given to food banks dollar-for-dollar, up to $1 million, until Jan. 15, 2013.

WorldSkills Americas

Teens win gold for work in robotics at international skills competition

This robot isn't made of gold, but its programming is worth a gold medal.

Jayden Leister and Bo Chiasson, both from Yorkton, won gold in robotics at WorldSkills Americas 2012 in Brazil last week.

"I know for myself, I never thought some guys from the middle of nowhere in Saskatchewan would be into robotics, but it's just how much time you want to put into it," said Leister, who is 17 years old.

Leister and Chiasson got the robot, called a robotino, approximately six weeks before the contest to learn the programming.

The students are off to Germany in July for the WorldSkills Competition, where they will have to make an arm for the robotino.

Check out the robot in action at metronews.ca.

ALYSSA MCDONALD/FOR METRO

Bo Chiasson, left, and Jayden Leister
ALYSSA MCDONALD/METRO

Ongoing investigation

Suspects sought in beating, robbery

Two suspects are being sought after a woman in Saskatoon was beaten and robbed in an alley behind a strip mall.

Police say the 47-year-old victim had just gotten into her vehicle behind the mall early Monday morning when a man pulled her out and started punching her.

He then grabbed her purse and fled on foot with a second male who did not take part in the assault.

The woman suffered only minor injuries.

Investigators say a police dog recovered several pieces of potential evidence at the scene.

THE CANADIAN PRESS

Ford blames his ouster from office on 'left-wing politics'

Conflict-of-interest case. Mayor plans to appeal decision, vows to run again

JESSICA SMITH
Metro in Toronto

Stubbornly believing he wasn't breaking the law on conflict of interest despite never having read it wasn't a good enough defence for Mayor Rob Ford, a judge ruled Monday.

Justice Charles Hackland found that Ford broke the Municipal Conflict of Interest Act in a council vote last February and ordered his seat vacated in 14 days.

"Outright ignorance of the law will not suffice, nor will wilful blindness as to one's obligations," wrote the judge.

One of Ford's key defences in the legal challenge brought by Toronto resident Paul Madger was that if he did in fact break the conflict-of-interest law, he did it honestly, in an error of judgment, which is a valid defence under the act.

On the stand in September, Ford testified he knew all about conflict of interest despite never having read the act because his father had been an MPP. The judge found that insufficient.

In brief remarks to a throng of reporters at city hall, Ford said he will appeal the ruling and would "fight tooth and nail" to hold on to his job. If that fails, he will run for re-election.

"I'm going to fight for the taxpayers like I always have," he said. He blamed the outcome on the left wing. "This comes down to left-wing politics," he said. "The left wing wants me out of here."

Lawyer Clayton Ruby, who represented Madger, said Ford has no one to blame but himself. "While we're pleased to have won this case, we are also saddened by it. It is tragic that the mayor of a great city should bring himself to this," said Ruby. "Rob Ford did this to Rob Ford.... It could have been avoided if Rob Ford had used a bit of common sense and if he had played by the rules."

Ruby said Ford should never have taken money from lobbyists for his football fund to begin with. But it was the mayor's decision months later to take part in a council vote concerning whether or not he should have to pay it back that landed him in trouble.

Ford's staunch ally on council, Coun. Giorgio Mammoliti, announced he would be quitting Ford's executive committee in the wake of the decision.

Toronto Mayor Rob Ford, left, speaks to the media at city hall in Toronto on Monday. Ford has been ordered out of office after a judge ruled Monday he broke conflict-of-interest rules. NATHAN DENETTE/THE CANADIAN PRESS

Seeking clarification

Both sides confused over ruling

Justice Charles Hackland could have barred Toronto's Mayor Rob Ford from running again for seven years, but instead opted to disqualify him for the "current term."

It was not immediately clear whether that meant Ford's term ended with his ouster, meaning he would be free to run in a possible byelection.

Lawyer John Mascarin, a municipal law expert, called the ruling ambiguous, but said he believed Hackland "clearly" meant to bar Ford from running for office until the current council term is over in 2014.

Both parties could write the judge to seek clarification, said Mascarin, who called the ruling "unprecedented."

The judge did put his declaration on hold for 14 days to give the city time to deal with the situation. THE CANADIAN PRESS

Blaze at workshop for disabled leaves 14 dead

Firefighters try to extinguish flames in a workshop for disabled people in Titisee-Neustadt, Germany, Monday. KAMERA24.TV/THE ASSOCIATED PRESS

Fourteen people were killed and eight injured Monday when a fire broke out at a workshop for disabled people in Germany's Black Forest region, authorities said. Scores had to be rescued from the building as it quickly filled with smoke.

More than 100 firefighters were deployed to battle the blaze, which began at the complex in Titisee-Neustadt in the afternoon, said Markus Straub, a spokesman for local firefighters.

Ambulances raced to the scene as smoke poured from the windows of the modern, three-storey centre in one of the country's deadliest blazes in recent memory. German Chancellor Angela Merkel is "shocked" about the loss of so many lives, her spokesman said on Twitter.

The cause of the fire was not immediately known, police and firefighters said.

The centre usually has around 120 people at any one time, said Mirko Steffl, a police spokesman in the nearby city of Freiburg.

It was not immediately clear how many people had to be rescued, but by late afternoon workers had determined that no one else remained trapped in the building, he said.

"The biggest problem this afternoon was the smoke situation," said Alfred Oschwald, another Freiburg police spokesman. Smoke inhalation is believed to be the likely cause of the deaths of the 13 disabled people and one of the facility's social workers, he told broadcaster n-tv. Eight people were hurt, but none of them had life-threatening injuries, he said.

Some 25 psychological counsellors were assisting those rescued from the building and the victims' relatives in a nearby warehouse, Steffl said. THE ASSOCIATED PRESS

The centre

The centre employs people with mental or physical disabilities in a variety of jobs, including metalwork, woodwork and electrical installation, and it is run by the Catholic Church's Caritas organization.

Flammable sunscreen

Health Canada expands recall

The makers of a popular line of sun products is expanding its recall of continuous-spray sunscreens because they pose a fire risk.

Health Canada says consumers should check Banana Boat sunscreen products in their travel kits and at cottages to see if they are subject to the recall.

A statement from the department says the products can ignite on the skin if a user is exposed to an open flame or spark before the sunscreen has dried.

There have been five reports of such events, one in Canada and four in the United States. THE CANADIAN PRESS

Presumed dead

Search ends for boy swept to sea

The coast guard ended a search Monday for a teenager whose parents were killed after they plunged into the cold, powerful surf in Northern California in a nightmarish chain of events that started when their son tried to save the family dog from drowning.

Mary Elena Scott, 57, and Howard Gregory Kuljian, 54, both drowned during the incident Saturday, said Ariel Gruenthal, a deputy coroner.

The boy, Gregory James Kuljian, has not been found and is presumed dead.

Three-metre waves had pulled the dog into the ocean Saturday as it ran to retrieve a stick. THE ASSOCIATED PRESS

Autopsy findings

Man choked to death on roaches

A Florida man choked to death after downing dozens of live roaches to win a contest earlier this year in which the grand prize was a python, according to an autopsy released Monday.

Edward Archbold, 32, of West Palm Beach died as a result of "asphyxia due to choking and aspiration of gastric contents," according to the report released by the Broward County medical examiner's office. It said his airway was obstructed by the roach body parts, which caused him to not be able to breathe.

Lab tests for drugs came back negative. The death has been ruled an accident. THE ASSOCIATED PRESS

Carney to head Bank of England

Crossing the pond.
Canada's central banker is 'going to where the challenges are greatest'

Mark Carney is leaving the Bank of Canada for one of the most storied financial positions in the world — to take over the Bank of England at a pivotal time in its 318-year history.

The announcement shocked observers on both sides of the pond, particularly as Carney had previously played down reports he was being considered, as he also played down rumours about joining the International Monetary Fund and the Liberal Party.

But the Bank of England rumours turned out to have substance, although Carney on Monday said he had not formally applied for the job and only made the decision in the last two weeks. He insisted he was not leaving Canada in the lurch for the big job, however.

"We have a system that works very well. It's been tested under the biggest economic and financial shock we'll ever see in our lifetime and it has passed that test," he told reporters. "I'm going to where the challenges are greatest because I'm confident that the strengths are as deep and as broad as they are here in Canada. I could not do it any other way."

Finance Minister Jim Flaherty called Carney his "friend" and admitted the news was "bittersweet."

"It is our loss, of course it is. Mark has been a superb governor of the Bank of Canada for more than five years, so his loss will be felt."

The appointment takes place next July, but Carney will leave the Canadian bank on June 1, about 18 months before his full seven-year term was due to expire.

Appointed Feb. 1, 2008, Carney's legacy will have been to help steer the Canadian economy through the 2008-09 recession, revamping the management of the institution and introducing what the central bank called the most sophisticated, plastic currency in the world.

But as he admitted, he also inherited a stable financial system and regulatory framework. He appeared to work well with Flaherty, who hand-picked him for the job over more seasoned candidates.

Carney's C.V.

- Born in Fort Smith, N.W.T., Carney has an undergraduate degree in economics from Harvard University and both a master's and doctorate in economics from Oxford University.
- Carney spent 13 years with Goldman Sachs in London, Tokyo, New York and Toronto before joining the Bank of Canada as a deputy governor in 2003 and serving a stint as senior associate deputy minister of finance before becoming governor.

Where he shone was on the world stage, particularly at meetings with his counterparts at the G7 and G20, where his voice appeared to carry more weight than might otherwise be the case coming from a relatively small country like Canada. Time magazine named him one of the most influential policy-makers in the world and his name began surfacing whenever any big international job came open. THE CANADIAN PRESS

Bank of Canada governor Mark Carney addresses a news conference in Ottawa on Monday after it was announced that he will be the new head of the Bank of England. FRED CHARTRAND/THE CANADIAN PRESS

Accused in insider trading case released on $5M bail

A former hedge-fund portfolio manager accused of passing along information in one of the largest insider-trading fraud cases in history appeared in a Manhattan court for the first time Monday and was released on $5 million US bail, though his movements were restricted.

Mathew Martoma, 38, must post $2 million US in cash or property by next week to satisfy the new bail requirements, which will limit his travel to New York, New Jersey, Florida and Massachusetts.

Martoma was arrested last week on charges that between 2006 and 2008 he helped to engineer one of the largest insider-trading frauds in history. Martoma worked with CR Intrinsic Investors, an affiliate of SAC Capital Advisors. SAC is owned by Steven A. Cohen, one of the world's richest men.

By the numbers

$276M

Prosecutors say Martoma shared the confidential results of drug tests with others, enabling more than $276 million US to be made illegally for his fund and others.

Martoma was not required to enter a plea, since an indictment has not been returned.

"We took care of business today and we'll be back another day," said Martoma's lawyer, Charles Stillman.

Martoma was arrested on Nov. 20. Prosecutors say he exploited an acquaintance with a medical-school professor to get confidential, advance results from tests of an Alzheimer's disease drug.

Prosecutors say he shared the information with others, enabling more than $276 million US to be made illegally for his fund and others.

The government said in court papers that he caused other investment advisers to buy shares in the drug companies, and then he and the others ditched their investments before the public found out about the drug trial's disappointing results, allowing them all to make big profits and avoid huge losses.

The FBI subpoenaed SAC and other influential hedge funds in November 2010. Martoma is the fourth person associated with SAC Capital to be arrested on insider trading charges in the last four years.
THE ASSOCIATED PRESS

Mathew Martoma, a former SAC Capital Advisors portfolio manager, leaves a Manhattan court Monday after being released on $5 million US bail.
LOUIS LANZANO/THE ASSOCIATED PRESS

Share buybacks

Yahoo stock hits highest level in over two years

Yahoo's shares touched $19 US Monday, the first time they have traded that high in more than two and a half years.

The latest gains extend a rally that has been gaining momentum in recent weeks as Yahoo Inc. buys back its own stock and more investors bet on CEO Marissa Mayer's ability to turn around the long-struggling company.

Mayer, a former top executive at Internet-search leader Google Inc., became Yahoo's fifth CEO in five years when the company hired her in July. Since her arrival, Mayer has vowed to make the Sunnyvale, Calif., company a better place to work, refine its online services and roll out more products tailored for smartphones and tablet computers.

Yahoo has also been trying to boost its stock price by spending most of the money that it received from a recent deal to buy back its own shares. Mayer has pledged to spend $3.6 billion buying back Yahoo's stock.
THE ASSOCIATED PRESS

Market Minute

DOLLAR
100.62¢
(-0.19¢)

TSX
12,185.05 (-28.19)

OIL
$87.74 US (-54¢)

GOLD
$1,749.60 US (-$1.80)

Natural gas: $3.74 US (-16¢)
Dow Jones: 12,967.37 (-42.31)

Personal finance

Ottawa increases limit on tax-free savings accounts

Ottawa says Canadians will be able to contribute an additional $500 a year on their Tax-Free Savings Accounts starting Jan. 1. That means Canadians can put in $5,500 a year, with any investment income earned not subject to taxation while it remains in the TFSA. The increase will be the first adjustment in the contribution limit since TFSAs were created in 2009.
THE CANADIAN PRESS

B.C. breweries

Cascadia ale: Trademark or emerging style?

There's trouble a-brewin' in the B.C. beer industry over the use of the trademarked term Cascadian to describe a style of dark, hoppy ale.

Vancouver's SteamWorks Brewery trademarked the name Cascadia and all derivatives of the term, including Cascadian, in 2006, as the brand name of its Cascadia Cream Ale.

SteamWorks CEO Eli Gershkovitch said the headaches began in 2010 when a group of beer aficionados in Portland, where the Canadian trademark is not valid, tried to get the Great American Beer Festival to recognize Cascadian Dark Ale as a new style of beer.

The proposal was rejected, but a number of B.C. craft breweries latched onto the term, releasing their own versions of Cascadian dark ale. Each brewery that used it was contacted by SteamWorks and given a friendly heads-up that the term is trademarked in Canada. But Granville Island Brewing takes the view that it is an emerging style of beer, and hopes a conversation with the company will yield some flexibility.
KATE WEBB/METRO IN VANCOUVER

WHEN DID I START WORRYING ABOUT MOM AND DAD?

SHE SAYS...
Jessica Napier
metronews.ca

My mother once told me that parents never stop worrying about their children. This might be true, but I didn't realize how early on I'd start worrying about them.

I've enjoyed a pretty typical parent-child relationship with my mother and father. They were the reliable authority figures who always insisted I wear a jacket, taught me to save a portion of my paycheque and begrudgingly drove me home when I got too drunk at a party. But in my mid-20s, something strange happened; all of a sudden there was a role reversal and I was the one acting like the concerned parent.

Tables turning

As we transition from rebellious adolescents to self-centred young adults to responsible grown-ups, we begin to appreciate our parents in a new light. They are no longer just the guardians of the car keys but actual people with real vulnerabilities.

Shouldn't you be eating more green vegetables, Mom and Dad? Maybe cut back on the drinking and give up that occasional-cigarette habit? Perhaps you should start incorporating some more exercise into your daily routine and try to be a bit more careful with your finances.

My parents aren't elderly by any means, but they weren't exactly teenagers when they had me. It's probably not necessary, but I find myself fretting more about their ability to take care of themselves. I feel compelled to check in on them every once in a while to make sure there's fresh fruit in the fridge and no one has fallen down the stairs.

As we transition from rebellious adolescents to self-centred young adults to responsible grown-ups, we begin to appreciate our parents in a new light. They are no longer just the guardians of the car keys, but actual people with real vulnerabilities.

Whenever I see my parents in pain — physical or emotional — it's heartbreaking. When I realize that one day they might be entirely dependent on me, I start to panic. I will never be ready, but will I be able to take care of them when the time comes?

My father likes to joke that he wants Queen's Another One Bites the Dust played at his funeral. I used to think this was funny, now it makes me sick to my stomach.

As adult children, it's hard to confront the inevitable truth that our parents are going to die one day. It's only natural that we'd try to do whatever we can to prolong the inevitable, even if that means turning into overly protective worriers. After all, a few small changes now could result in a few more years together, and I want Mom and Dad to be around as long as possible.

Follow Jessica Napier on Twitter @MetroSheSays

After so many years of them looking after us the roles reverse and we are suddenly wrapped up in our parents' well-being. MH.XBHD.ORG/FLICKR

The Queen's very hairy encounter

DAVID PARKER/WPA POOL/GETTY IMAGES

By royal appointment

Queen inspects very hairy soldier

The Queen has encountered a green Yeti, but in truth this sight is far from abominable. Queen Elizabeth II met a camouflaged sniper from the Household Cavalry at Combermere Barracks near Windsor Castle.

During her visit, the Queen perused some army paraphernalia, including a machine gun and some military boots. METRO

Equine interests

Diamond is a royal's best friend

The Queen is no stranger to cavalry, as her lifelong love for horses was apparent during her time at the barracks. Her Majesty approached and petted a drum horse, which was on official duty for the first time during the Queen's visit.

The drum horse was renamed Adamas, which means diamond in Greek, in commemoration of the Queen's Diamond Jubilee. METRO

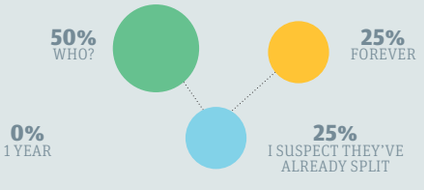
The barracks history

- Founded in 1804, the barracks comprise more than 20 acres and are located within a kilometre of Windsor Castle. It's home to the Household Cavalry Regiment, which uses armoured vehicles and tanks, such as Scimitar tanks, in large-scale war operations — most recently in Iraq.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How long will Bachelor Canada's Brad Smith and Bianka Kamber last?



Twitter

@heather_mo:
And now a break where my entire office listens to a remixed Eminem 8 mile video that uses the word spaghetti 1000 times.

@Arosabell_:
Home bound today in half hour.. can't wait to be home :) #Finally #Saskatoon

@SeanShaw:
The biggest thing in this program, being able to recycle plastics and glass #yxe #recycling

@Jeffdotca:
Arrg... oatmeal on shirt can't deter me! Changing and heading off to a great day! Smile #yxe!!!

@BTTransform:
Had an awesome lunch at the Red Pepper in Saskatoon

@kevsterma:
I wish there were more electro/dance shows put on than punk pop metal rock in #yxe seriously there is way too many of them

metro
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DVD review

Lawless

Director. John Hillcoat

Stars. Tom Hardy, Shia LaBeouf, Guy Pearce

All slicked up but mostly firing blanks, John Hillcoat's Prohibition-era western — based on a book of the same name — looks and sounds great, but fails to tell a compelling story. Bootlegging brothers Jack (Shia LaBeouf), Forrest (Tom Hardy) and Howard Bondurant (Jason Clarke) run a general store and gas station in their woodlands Virginia refuge, but their real coin comes from the illegal moonshine they make up in the hills. Local cops are inclined to look the other way — especially since older bros Forrest and Howard are not guys you want to rile. Neither is much for talking, although they sure know how to fight and shoot. Timid Jack, the youngest, can't bring himself to pull a trigger. The Bondurants draw the attention of the feds, who send down special deputy Charley Rakes (Guy Pearce) with the intent to clean up and dry up the county. Extras include an audio commentary with Hillcoat and author Matt Bondurant.

PETER HOWELL

ParaNorman

Director. Chris Butler, Sam Fell

Stars. Kodi Smit-McPhee, Anna Kendrick

Young Norman Babcock (Kodi Smit-McPhee) sees dead people. And man, it's a drag — for him, but not for us. Norman's parents and siblings don't believe him, even though his dead granny still natters away in the living room. His classmates and fellow citizens of Blithe Hollow, Mass., think he's a freak. Everyone except for Neil Downe (Tucker Albrizzi), who is fat and bullied and who finds a kindred spirit in the sad-faced boy. But when a witch from the town's past returns to settle old scores, it's up to Norman to use his gift to see a way to salvation. ParaNorman retells the classic reluctant hero saga, but in an entertaining way that will appeal to everybody above thumb-sucking age.

PETER HOWELL

The Hobbit trilogy is just one of the projects Peter Jackson's Wellington studio has on the go. HANDOUT

New Zealand: The land of special effects

Hurrying for The Hobbit. Peter Jackson's Wellington studio puts together blockbusters in a pastoral setting

A crate full of sushi arrives. Workers wearing wetsuit shirts or in bare feet bustle past with slim laptops. With days to go, a buzzing intensity fills the once-dilapidated warehouses where Peter Jackson's visual-effects studio is rushing to finish the opening film in The Hobbit trilogy.

The fevered pace at the Weta Digital studio near Wellington, New Zealand, will last nearly until the actors walk the red carpet Nov. 28 for the world premiere. But after The Hobbit: An Unexpected Journey hits theatres, there's more work to be done.

Weta Digital is the centrepiece of a filmmaking empire that Jackson and close collaborators have built in his New Zealand hometown, realizing his dream of bringing a slice of Hollywood to Wellington. It's a one-stop shop for making major movies — not only his own, but other blockbusters like Avatar and The Avengers and hoped-for blockbusters like next year's Man of Steel.

Along the way, Jackson has become revered here, even receiving a knighthood. His humble demeanour and crumpled appearance appeal to distinctly New Zealand values, yet his modesty belies his influence. He's also attracted criticism along the way.

The special-effects workforce of 150 on The Lord of the Rings trilogy a decade ago now numbers 1,100. Only five of Weta Digital's workers are actual employees, however, while the rest are contractors. Many accept the situation because movie work often comes irregularly but pays well. Union leaders, though, say the workers lack labour protections existing in almost any other industry.

Like many colleagues, Weta Digital's director, Joe Letteri, came to New Zealand in 2001 to work on the Rings trilogy for two years. The work kept coming, so he bought a house in Wellington and stayed.

"People come here because they know it's their chance to do something really great and to get it up on the screen," he said in a recent interview.

Jackson, who declined to be interviewed for this story, launched Weta in 1993 with fellow filmmakers Jamie Selkirk and Richard Taylor. Named after an oversized New Zealand insect, the company later was split into its digital arm and Weta Workshop, which makes props and costumes.

Loving homages to the craft are present in Weta Digital's seven buildings around the green-hilled suburb of Miramar. There are old-time movie posters, prop skulls of dinosaurs and apes, and a wall of latex face impressions of actors from Chris O'Donnell to Tom Cruise.

Its huge data centre, with the computing power of 30,000 laptops, resembles a milk-processing plant because only the dairy industry in New Zealand knew how to build cooling systems on such a grand scale.

Little of Weta's current work was visible. Visitors must sign confidentiality agreements, and the working areas of the facilities are off-limits. The company is secretive about any unannounced projects, beyond saying Weta will be working solidly for the next two years, when the two later Hobbit films are scheduled to be released.

The workforce has changed from an American majority to about 60 per cent New Zealanders. The only skill that's needed, Letteri says, is the ability to use a computer as a tool.

Beyond having creativity as a filmmaker, Jackson has proved a savvy businessman, Letteri says. "The film business in general is volatile, and visual effects has to be sitting right on the crest of that wave," Letteri says. "We don't get asked to do something that somebody has seen before."

THE ASSOCIATED PRESS

Big business

The New Zealand government calculates that feature films contribute $560 million each year to New Zealand's economy. Like many countries, New Zealand offers incentives and rebates to film companies and will contribute about $100 million toward the $500 million production costs of The Hobbit trilogy.

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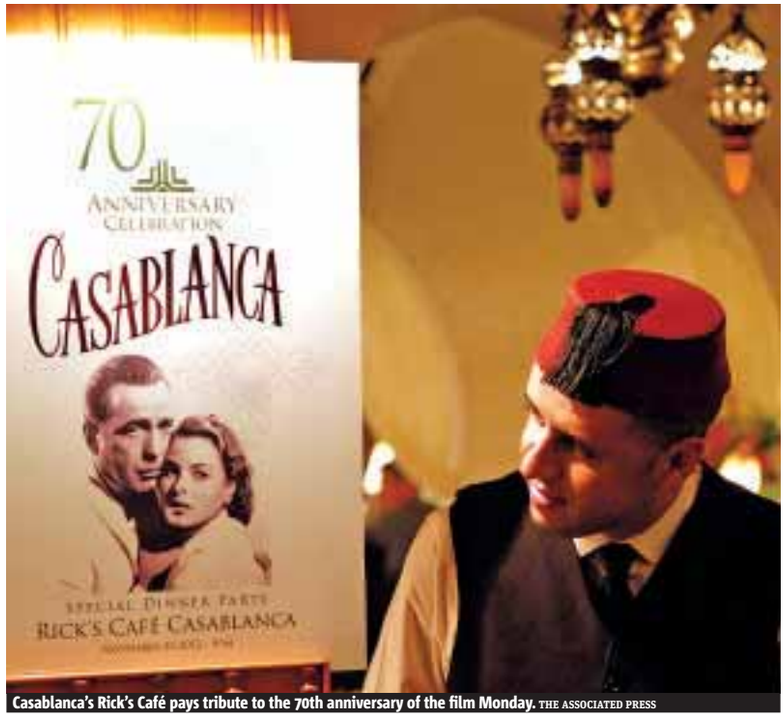
Casablanca still evokes images of a pining Bogart



Casablanca's Rick's Café pays tribute to the 70th anniversary of the film Monday. THE ASSOCIATED PRESS

Play it again. For North Americans, Moroccan city is still known best for its association with iconic film

Seven decades after the premiere of the film classic Casablanca, the Moroccan port city remains firmly associated in many people's minds with the movie, even though Rick's Café Americain, where much of the story took place, was a pure creation of Hollywood.

Casablanca, a story of love and intrigue during the Second World War, premiered Nov. 26, 1942. Today, the city is a vibrant, noisy metropolis of four million people and Morocco's commercial capital, nothing like the wartime colonial outpost depicted in the iconic movie, which starred Humphrey Bogart as Rick.

But a trip through the city's swanky lounges and dive bars can still evoke the spirit of the cafe from the movie. There's even a real-life Rick's Café here, founded by an American expat.

In the film, Rick's Café Americain, an expansive space spanned by low arches, had it all — a casino, singers, full brass band and round tables where guests hunched conspiratorially, drinking and talking about resisting the Nazis or getting exit visas to flee to America.

Outside the café's panelled doors, the movie depicted Hollywood's "Middle East" with generic dusty streets and markets. Characters talked about "rotting" away in Casablanca, described as being in the middle of a desert. In fact, Casablanca in 1942 was a jewel of the French colonial empire, famous for luscious art-deco and neo-classic architecture.

"During the 1940s, Casablanca was a laboratory for European architects," said Adel Saadani, who works to raise awareness of the city's neglected heritage.

"There was space and there was money and there was a carte blanche for architects to experiment."

For decades after the war, said Saadani, Casablanca was filled with jazz clubs and cabarets that hosted the likes of Dizzy Gillespie, Louis Armstrong and Josephine Baker. The movie's pianist, Sam, would have fit right in.

But the last jazz club closed in 1984 amid conservatism and a turn away from Western music. Downtown bars fell into disfavour. At the same time, rural migrants flooded in looking for jobs. Cheap, ugly, unregulated high rises sprung up as the city mushroomed.

Tourists passing through the city looking for Rick's in those years were often disappointed by traffic-choked streets and the glass and concrete tower blocs of a modern city. But in recent years, more nightspots have opened, including, in 2004, Rick's Café.

"I was amazed in my four years here that no one ever thought of establishing a Rick's Café," recalled its owner, Kathy Kriger.

Her elegant restaurant, in a 1930s townhouse on the edge of Casablanca's medina, is awash in nostalgia for the classic film. Kriger can be found most nights perched on the end of the long bar, while a piano player — named Issam, not Sam — plays the movie's theme song, As Time Goes By, repeatedly through the night to a packed house.

THE ASSOCIATED PRESS

Quoted

"I was amazed in my four years here that no one ever thought of establishing a Rick's Café"

Kathy Kriger, Rick's Café owner

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Prince Charles ALL PHOTOS GETTY IMAGES

Charles in charge? Not anytime soon, it seems

Prince Charles, who recently celebrated his 64th birthday, may be growing tired of being the longest-waiting heir to the throne in British history, as his 86-year-old mother, the Queen, shows no sign of stepping down.

"Impatient? Me? What a thing to suggest! Yes, of course I am," Charles joked with reporters recently, according to the Telegraph. "I'll run out of time soon. I shall have snuffed it if I'm not careful."

The Word

Lohan wants more small screen action

THE WORD
Dorothy Robinson
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If you didn't catch the masterpiece that was Sunday night's Liz and Dick on Lifetime, you missed out on the pop culture phenomenon of the month. Critics had a mighty fine time lambasting what was to be Lindsay Lohan's return to acting prominence. Instead, her performance seemed like it was best suited for community theatre, if community theatre were held in a prison.

But Lohan will not let a little thing like public ridicule get her down— RadarOnline.com is reporting that now that she's gotten a taste of TV, she wants her own sitcom.

"Lindsay has asked her manager and agent to look into getting her her own television sitcom," a source tells the website.

"Lindsay feels that the small screen would be a great way for her to revitalize her acting career and that a comedy would be the best bet. Lindsay feels most comfortable doing comedy and it was Charlie Sheen that told her she should do it. Charlie told Lindsay that it was an easy way to make very good money and help her to get her movie career back on track. Lindsay is loving the idea of having her own sitcom and would love to play someone in a story based on her crazy life."

And honestly, judging from the attention Liz and Dick received, I'm sure Lifetime got some of the best ratings it has seen in years. So maybe it will be Lohan who will get the last laugh? (Ed note: Actually, no, scratch that ending. We'll all still be laughing about Liz and Dick for a long, long time.)

I just play one on TV...

"Lindsay is loving the idea of having her own sitcom and would love to play someone in a story based on her crazy life."

Source speaking to RadarOnline.com

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Looking for a winter fitness challenge?

How to get started. Consider something you can keep up for the long run and will pay off for you in springtime

EMMA GODMERE
life@metronews.ca

By starting a new, simple training routine now, you can set a goal of running your first race come 2013.

Added bonus: You double your calorie burn when you run in the winter, as your body works to keep warm while you keep up your pace.

But what if you've never run before?

Where do you start?

One of the first things a new runner should consider is finding a training buddy, says Shelley Beaubien, national clinics and training program administrator for Running Room Canada.

"When you're starting out, you want to be able to talk while you're running," explains Beaubien. If you can continue a conversation, you're keeping a good pace.

"If you're running too hard, you overtrain, you can get injured, or you drop out."

Running with a friend ensures you stay motivated and safe.

As the temperature dips, the weather poses more risks to runners, and a friend will be able to watch for signs of hypothermia.

Beaubien emphasizes keeping your head, hands, and feet properly covered and warm while wearing appropriate training gear.

First-timers should combine running and walking in intervals and set aside enough time to train three times a week at a time of day that works best for you, says Beaubien.

New runners should also run for time and not distance as your body adapts to a new training routine.

As your strength increases, you can increase the intensity or distance of your run.

But the Running Room advises against expanding your distance program any more than about 10 per cent per week.

By starting your training on the right foot, you're helping yourself stick to a healthy routine for the long haul.

"You want to make sure that you're not doing it just for a short period of time," says Beaubien.

"You want to think about it as a lifestyle change ... a way to get healthy and stay healthy the rest of your life."

Start sharing

This is the second in a week-long series of articles chronicling some of the rites of passage many of Metro's readers will experience as they leave the nest or school and head out on their own.

Do you some marathon tips? Visit metronews.ca/features/firsts, tweet us or even turn to the person next to you and share your advice to a marathon newbie.

Start your training off on the right foot. ISTOCK PHOTOS

Winter running tips

Here are some winter running tips from John Stanton, founder and president of the Running Room Canada, from his book, Running: Complete Guide to Building Your Running Program.

1 **Adjust the intensity of your workout.**

2 **Keep your head covered and your hands and feet warm, as a significant amount of our heat loss comes from our extremities.**

3 **Warm up properly, start your runs at a comfortable pace and slowly build up to a pace slower than your normal training pace.**

4 **Cover all exposed skin. If you or your running partner have exposed skin, be aware of each other to prevent frostbite.**

What to eat

Some of the most popular (and simple) running foods, according to the Running Room:

- **Oatmeal.** Provides great slow-digesting carbohydrates and fibre as part of a pre-run meal.
- **Bananas.** Popular before, after, and even during a run, as they replenish potassium you lose as you sweat.

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Beef and Butternut Squash Stew goodness in 45 minutes

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Almost by definition, beef stew isn't a weeknight-friendly dish.

That's mostly because stew meat is tough and requires a long simmer to become tender.

But who has time for that at the end of a long day?

Enter this speedy beef stew that could be tossed together and on the table in 45 minutes.

The first step is replacing the meat. Stew meat is out. But tender sirloin tips work perfectly when you brown them first, then set them aside while the other ingredients cook. The meat is returned to the pot toward the end of cooking. The result is a perfect taste and texture.

Ingredients

- 2 tbsp olive oil
- 1 1/2 lbs sirloin beef tips, cut into 1-inch chunks
- 3 cups cubed butternut squash (1/2-inch cubes)
- 1 cup baby carrots, halved
- 1 large yellow onion, diced
- 2 cloves garlic, minced
- 28-ounce can crushed tomatoes
- 2 cups beef broth
- 1 tsp smoked paprika
- 1/2 tsp dried thyme
- 1/2 tsp mustard powder
- Salt and black pepper

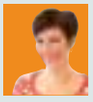
1. In saucepan over medium-high, heat oil. Add beef, in batches if needed to avoid crowding pan, and cook, turning, until browned on all sides but still rare at centre, about 5 minutes. Use a slotted spoon to transfer the beef to a plate.

2. Return saucepan to heat and add the squash and carrots. If pan is too dry to easily sauté vegetables, add a splash of olive oil. Sauté until squash begins to brown, about 5 minutes. Add onion and garlic and continue to cook until the onion is tender, 6 minutes.

3. Add tomatoes, broth, paprika, thyme and mustard powder. Bring to simmer and cook until the carrots and squash are tender, about 20 minutes. Return the beef to the pot, as well as any juices that have accumulated on the plate. Simmer for 5 minutes, then season with salt and pepper. THE ASSOCIATED PRESS

Health Solutions

Get all beefy



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

With all the beef in the news recently, one has to wonder if it deserves a place on your healthy plate. You have to weigh the pros and cons (and measure your desire for flame grilled against them).

From a nutritional perspective, you can get what beef boasts elsewhere:

- Mussels have almost as much zinc and much more B12.
- Chicken thighs have about half the amount of iron.
- Ounce for ounce, chicken, fish and pork all have about the same amount of protein.

But if you really want the beef, here is something to think about:

- Grass fed beef has a healthier fat profile.
- Grass fed lamb or bison is a great option.
- Any ground meat product needs to be thoroughly cooked to 72 C. The surface area of a ground product moves any existing bacteria from the outside, where it is more easily cooked to a safe temperature to the inside, where even a small amount left undercooked can make you sick.

The days of enjoying your meat rare may be done unless you really know your source and have the trust in fate of a skydiver, but it doesn't mean you can't enjoy beef. THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Five is the magic number in this Roast Beef

It's all about harmony and yin-yang. And while that sounds tritely New Age, it really is the key to Chinese cuisine.

Because, as with so much of Asian cooking, the blend of seasonings known as five-spice powder is intended to trigger a sense of balance in the mouth and nose. How? A selection of spices that simultaneously hit notes of warm and cool, sweet and bitter, savoury and searing.

And that's what you get with five-spice powder, a mix of fennel seeds, cinnamon, cloves, star anise and Sichuan peppercorns. Like spice blends around the world, the proportions of those ingredients vary by region, but some variant of it is used throughout China.

That robust profile of flavours makes it a natural for roasted meats.

1. In bowl, mix oil, five-spice powder, salt and pepper.

2. Use paper towels to pat dry tenderloins, then rub them all over with the spice blend. Set on a plate, cover loosely with plastic and refrigerate for at least 1 hour, or up to 2 days. An hour before roasting, remove tenderloins from refrigerator and let warm slightly at room temperature.

3. Heat the oven to 375 F.

4. Lightly coat a roasting pan with cooking spray. Scatter onions, carrots and garlic in pan, then set roasting rack above them. Set tenderloins on the rack and roast 40 minutes, or until beef reaches 120 F for rare. Remove rack from pan, cover the meat with foil, then set aside to rest for 10 minutes.

5. Meanwhile, set roasting pan over medium-high heat on stovetop (you may need to use two burners). Add stock and wine; bring to simmer, scraping bottom of pan. When liquid has reduced by about half, strain and discard solids. Return the pan and sprinkle in the flour. Heat until thickened.

6. Slice beef and serve with pan sauce. THE ASSOCIATED PRESS

Ingredients

- 2 tbsp olive oil
- 1 tbsp five-spice powder
- 1 tbsp kosher salt
- 1/2 tbsp black pepper
- Two 2-lb beef tenderloins
- 2 large yellow onions, chopped
- 2 large carrots, chopped
- 4 cloves garlic, chopped
- 2 cups beef stock
- 1 cup red wine
- 1 tbsp instant flour

This recipe serves eight. MATTHEW MEAD/THE ASSOCIATED PRESS

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Don't trump or be trumped on the gifts

FUN AND FRUGAL
Lesley Scorgie
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Picture Christmas Day. Family, friends and loved ones have gathered to eat a fantastic meal and exchange gifts.

You draw names and get to open your presents first. As you unwrap each gift, you quickly realize that you've overspent on the presents you're about to give. Your brother-in-law goes next and opens your gift to him — a $200 Hugo Boss wallet. Meanwhile, his gift to you was a $20 pair of mitts. Your sister gives you the evil eye because your gift just trumped her gift to her husband. Now you're really uncomfortable.

We've all been in this position. Unclear gift expectations can lead to unpleasant and unintended emotional consequences over the holidays.

The holidays are not about gifts, but because it's customary to give presents, save yourself from this experience and set expectations in advance.

With your partner, discuss your total holiday budget for the season and how much each of you will contribute for family functions, dinners, gifts, baking, parties and entertainment. If it's hard to keep track of everything, draw up a simple spreadsheet, list your financial commitments and total it up.

Talk about your holiday budget limitations and expectations. For example, you may have set aside $500 and have to buy gifts for 10 people, meanwhile your honey may have $1,000 to spend on five people. It's also important to agree on how much to spend on each other. If you can't agree on a dollar value, consider putting money towards a joint gift like a kitchen appliance or a weekend spa vacation. Or, instead of gifts, you could make a donation to your favourite charity.

Next, call your extended family and agree on gift value limits, like $50 per person, or whether you want to draw names and only buy for one person. Do the same with co-workers and friends.

Don't be afraid to be frugal when holiday shopping. It's 100 per cent okay to use coupons and take advantage of deals to save money.

Don't get caught off guard — have a post-baby budget

Alison on Money. What to expect when you're not expecting

YOUR MONEY
Alison Griffiths
money@metronews.ca

Regina and Monty, both 28 years old, have good news and bad news. First the good: They're expecting! Now the bad: It was completely unplanned and this high earning ($230,000 household income) couple doesn't have a dime of savings beyond their RRSPs.

They did have a plan, which was to start their family five years hence and they were on the verge of putting aside their free-spending ways in order to save up so Regina could quit work for a couple of years.

That's not going to happen, so Monty is wondering about the tax implications of Plan B — taking money out of their RRSPs for cash flow when their precious little bundle arrives in March and Regina's income is reduced.

RRSP facts

- 43 per cent of Canadians between 18 and 34 have an RRSP account (up from 39 per cent in 2010).
- 16 per cent of 18 to 34-year-olds contribute the maximum to their RRSPs (down from 33 per cent in 2010).

Cleo Hamel of H&R Block offers an important caution about this plan. "If Regina deposits money into an RRSP, she has to leave the deposit untouched for at least 90 days before she can claim the deduction."

This information particularly applies to Regina and Monty because they use year-end bonuses of about $18,000 to make their RRSP contributions. Generally they make the lump sum deposits in January.

Hamel also recommends that they project Regina's tax situation while she is on maternity leave.

"Maternity leave benefits are generally only 55 per cent of your employment income to a maximum of about $445 per week," she notes. "However, the amount Service Canada withholds for taxes is about 10 per cent, which is lower than the minimum federal tax rate."

Are you going to be a parent? Time to start saving. ISTOCK IMAGES

Often new mothers (my daughter found herself in this situation) end up owing tax in their maternity leave year because the withholding amount wasn't sufficient, even with the child tax credit.

RRSP withdrawals are subject to a higher withholding for tax purposes. A financial institution would hold back 30 per cent on a $20,000 withdrawal, for example. Depending on when Regina takes her leave of absence, that might not be sufficient to cover her tax bill for the year.

With high incomes, these surprised parents-to-be have an opportunity to save like Scrooge over the next few months and put aside a significant sum. But they must immediately draw up a post-baby budget to figure out exactly what they need monthly to pay the bills.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Bottling is bad: Talk it out, bro

Depression. Men should confide in each other to help ease pain

LINDA CLARKE
Metro World News in Boston

When it comes to men's mental health, there's a fundamental difference between the sexes. Women tend, generally, to look to support from partners, or they seek support from a network of girlfriends or family. Failing that, they often seek professional counsellors.

But either way, they express emotions and talk through a problem. Men often don't want to talk about their feelings, and may even deny having problems, emotional or otherwise.

"Guys," says holistic life coach and counsellor Ken Ross, a certified professional coach who leads men's groups, "traditionally, we tend to be islands. When it comes to men confiding in men, it doesn't usually happen."

This basic survival of the fittest wiring goes back to the cavemen. Appearing strong and problem-free meant other males were less likely to challenge or attack. It might have worked for our ancestors, but in today's complex social environment, bottling up or ignoring troubled emotions is like adding fuel to the fire.

"There's a lot of depression that's not acknowledged and not expressed," Ross says. "Men feel ashamed of it. There's a lot of stress derived from holding it in so much, and physical health suffers too."

Ross stresses that opening up to someone isn't the weak route, and that taking care of your mental health is paramount to a fulfilling life.

"It's old wiring that doesn't suit us in the 21st century," he says. "What is thought of as strength and what is weakness, we have it backward. Vulnerability is human and it takes courage to be open and the more open you are, the more fully alive you are."

Don't suffer in silence: Fight depression with a chat. ISTOCK

Fork, spoon or both?

Delicious but messy to eat, so save it for the family table. ISTOCK

How to handle tricky French onion soup

What is the proper way to eat French onion soup? The cheese just seems to string on forever, so it's hard to eat like spaghetti and soup shouldn't need a fork to eat.

CHARLES THE BUTLER
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Firstly, French onion soup is not an item that should be served at a formal dinner because of the difficulty of eating it. This soup should be kept for the family dinner table. Now remember, for every rule, there is always a wrong and right way of breaking it when necessary.

I saw one successful way to serve French onion soup at formal restaurants in the '70s. A small pair of scissors would be served along with the soup so you could cut the strings of cheese.

Now, as fun as that is, it just isn't practical. I mean, who has 12 pairs of scissors standing by for dinner parties?

So back to the question. How do you eat French onion soup without making a mess? Well, all of that cheese and bread does make for a difficult battle. I have called numerous friends in the etiquette business and asked their advice. Thankfully, there seems to be consensus. I personally wrap the cheese around the soup spoon and then press it against the side of the bowl to "cut" the cheese. I then fill the soup spoon with liquid and bring it up to my mouth. Ideally, you should never use your fingers, but trust me, we all have! My last tip? Never order this with clients, it is truly an eat-at-home only menu item.

4 SPORTS

CFL

Lewis positive after Stamps loss

A sombre group of Stampeders returned to Calgary on Monday, a day after a 35-22 loss to the host Toronto Argonauts in the 100th Grey Cup.

Despite the loss, veteran receiver Nik Lewis remained optimistic about a 2012 season, which saw the Stampeders overcome a slow start and knock off the defending Grey Cup champions in the West Division final.

"I felt like we did a great job this season," said Lewis. "We just came up a little short, didn't play a really good game when we needed to." THE CANADIAN PRESS

CFL

Grey Cup ratings soar, but fall short of national record

Television ratings for the 100th Grey Cup game between the Toronto Argonauts and the Calgary Stampeders fell short of the modern national record set in 2009, according to overnight data from BBM Canada.

An average audience of 5.8 million viewers on TSN and RDS tuned in to see the Argonauts beat the Stampeders 35-22 at home.

The average of 5.5 million viewers on TSN is the largest English audience for the game since a new ratings measurement system caused sports TV ratings to skyrocket. But the overall average falls short of the 6.1 million total viewers who watched Montreal beat Saskatchewan shortly after the new system was introduced in 2009. The numbers for that game were buoyed by a larger audience on French-language RDS.

THE CANADIAN PRESS

Knicks, Nets make up for lost time in Brooklyn

New York Knicks centre Tyson Chandler, left, knocks the ball from the hands of Nets guard Deron Williams at Barclays Center in Brooklyn on Monday. The Nets won 96-89 in overtime as the city rivals played the makeup game of their season opener, which was postponed due to Superstorm Sandy.

KATHY WILLENS/THE ASSOCIATED PRESS

'New approach' ahead in lockout negotiations

NHL. League, players' union agree to allow mediators into stalled CBA negotiations

The NHL and NHL Players' Association are hoping some objective voices can help bring an end to their labour dispute.

With negotiations stalled on a new collective bargaining agreement, the sides have agreed to allow U.S. federal mediators into the process — something they tried without success on a couple of occasions prior to the cancellation of the 2004-05 season.

"While we have no particular level of expectation going into this process, we welcome a new approach in trying to reach a resolution of the ongoing labour dispute at the earliest possible date," deputy commissioner Bill Daly said Monday.

Added NHLPA executive director Donald Fehr: "We look forward to their involvement as we continue working to reach an equitable agreement for both the players and the owners."

The mediation will be non-binding, meaning the sides will not be forced to go along with suggestions or recommendations made by Scot L. Beckenbaugh and John Sweeney. Those mediators are scheduled to meet separately with the league and union on Wednesday.

Beckenbaugh was acting director of the Federal Mediation and Conciliation Service during the NHL's last lockout and sat in on sessions at that time. One of those occurred just three days before commissioner Gary Bettman cancelled the entire season in February 2005.

THE CANADIAN PRESS

Where they stand

- The NHL and NHLPA haven't met since last week, when the union tabled a proposal that Gary Bettman quickly labelled as one that left the sides "far apart."
- They've managed to reach some common ground on a 50-50 revenue split, but are divided on the amount of additional payments the league will make to help ease the transition.

Champion Argos about more than talent

The Argonauts celebrate in the locker-room after winning the 100th Grey Cup on Sunday at Rogers Centre. NATHAN DENETTE/THE CANADIAN PRESS

Ricky Ray saw it coming out of training camp. These Toronto Argonauts had a special bond.

They might not have been the biggest, fastest or most heralded. But they had each other's back.

Ray, who came over from the Edmonton Eskimos in a blockbuster off-season trade, credits GM Jim Barker and rookie head coach Scott Milanovich for choosing the right pieces in assembling what was to become a Grey Cup champion squad.

"Scott and the staff and Jim coming out of training camp didn't necessarily pick the best, most talented guys," said the veteran quarterback. "They picked guys that were going to be good teammates over some of those guys.

Quoted

"There are so many guys out there who can play and don't get their opportunities ... so it's a real blessing to be here, and to have that opportunity I was given."

Grey Cup MVP running back Chad Kackert

"That's where it's got to start, it's got to start with the locker-room and how everybody gets along and everybody playing for each other out there. I think that's been the biggest difference for us."

Barker says he and Milanovich both believe "it's not necessarily the 46 best players, but it's the best 46 players."

"That means the 46 that can work together the best," the GM said in an interview Monday. "It was about finding the right blend of players — of veterans and rookies."

Milanovich referred to that brotherhood in his pre-game speech before Sunday's 35-22 championship win over the Calgary Stampeders.

"Find strength in your teammates when things gets tough," he said. THE CANADIAN PRESS

MacDonald seen as heir apparent to GSP's middleweight throne

MMA. Kelowna, B.C., fighter's star on the rise heading into fight with Penn

Should Georges St-Pierre retire as UFC welterweight champion, the title may not have far to go.

Rory "Ares" MacDonald trains alongside St-Pierre at Montreal's Tristar Gym. Just 23, the native of Kelowna, B.C., is seen by some as the heir apparent to GSP.

Including the 31-year-old St-Pierre himself.

"Oh yeah, definitely. I believe he has all the tools to be the greatest," St-Pierre told The Canadian Press

Mike Ricci, another Tristar training partner who is currently being showcased on The Ultimate Fighter TV show, also sees a UFC championship belt being wrapped around his friend's waist.

"Oh yes, that's not a question. That's definitely not a question," Ricci said. "He's so talented and so focused, I don't see anybody stopping that man."

MacDonald (13-1) can turn more heads on Dec. 8 when he faces former lightweight and welterweight champion B.J. "The Prodigy" Penn on a televised UFC card in Seattle.

The 33-year-old Penn (16-8-2) is a veteran fighter who loves to get under his opponent's skin. He has used Twitter before this fight to denigrate MacDonald for postponing their meeting due to a cut and to make some less-than veiled jabs about drugs.

At Penn's request, MacDonald agreed to undergo random drug tests before the fight. MacDonald says he has already passed two random tests, sounding like he agreed to Penn's request just to shut him up.

"At the end of the day, he can say what he wants to say, get people excited, but I'm still going to beat his ass," MacDonald said before UFC 154 in Montreal.

THE CANADIAN PRESS

Better with age

Rory MacDonald became the youngest fighter on the UFC's books when he signed a four-bout deal as a 20-year-old in the fall of 2009.

- His only loss is to former WEC champion Carlos "Natural Born Killer" Condit at UFC 115 in Vancouver in June 2010.

Rory MacDonald, right, hits Mike Pyle in the welterweight bout at UFC 133 in August 2011 in Philadelphia.
SUCHAT PEDERSON/THE NEWS-JOURNAL/THE CANADIAN PRESS FILE

Quoted

"Me and Georges are not going to fight ... I wouldn't disrespect Georges or the gym in that way."

Rory MacDonald quashing rumours that he and Georges St-Pierre might meet in the cage

NBA. 'Pit bull' point guard Lowry emerging as leader of young Raptors

A game was slipping away from the Raptors, as so many have so early in the NBA season, and Dwane Casey was trying to imbue his team with some sense of confidence during a timeout.

But when it came right down to it, when he realized that he needed someone to connect with his team on some real level, he looked to one of the newest players on the roster.

Casey, of course, looked to Kyle Lowry, because Lowry, just a couple of months into his tenure in Toronto, is the kind of guy a coach looks to in difficult times.

"At times, like most young teams, the first time something goes wrong, the first thing that goes down are your shoulders. You don't see that with Kyle. Kyle is always up, always saying, 'Come on, it's a close game.' We need that, we've got to have that from Kyle."

Casey's gambit in Philadelphia last week ultimately failed — the Raptors faltered down the stretch and were beaten by the 76ers — but it's telling that he went in that direction at all.

Kyle Lowry GETTY IMAGES FILE

It speaks volumes to the place Lowry has found in the team's hierarchy, how players tend to gravitate to him thanks to the strength of his personality, and how he has emerged as a leader after such a short period of time.

His leadership, and his ability to keep his emotions in check while involving his teammates, will be put to the test this week. Lowry faces his two former teams — Tuesday in Houston and Wednesday in Memphis TORSTAR NEWS SERVICE

Quoted

"He's given the rest of the players a swagger ... and just gives us a little bit more of an identity in the way we want to play."

Toronto Raptors head coach Dwane Casey

Panthers send Eagles to 7th-straight loss

Carolina Panthers quarterback Cam Newton hurdles Eagles strong safety Nate Allen to score a touchdown in the second half of Monday night's game in Philadelphia. Newton threw for two touchdowns and rushed for two as the Panthers won 30-22.

MEL EVANS/THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Mars united with Pluto today means you are intensely ambitious. It also means you don't need other people. You can do it on your own. Identify your goal, and go out and get it. Who is going to stop you?

♉ Taurus
April 21 - May 21
You are a law unto yourself at the moment. You believe you can get away with anything. However, just because you are able to break the rules does not mean you have to. Is there another way?

♊ Gemini
May 22 - June 21
There is a danger that you will let slip information it might have been wiser to keep to yourself. However, once it is common knowledge, there is no point trying to deny it. Face up to the truth — and potential embarrassment.

♋ Cancer
June 22 - July 23
One-to-one relationships are under heavy stars at the moment, so be careful how you speak to partners and loved ones. Above all, don't let minor disputes become major feuds. Control your emotions, whatever the provocation.

♌ Leo
July 24 - Aug. 23
Your workload is likely to increase dramatically today and if your social life is busy too, you could suffer health-wise. Clearly, you need to cut back on what you do, if only in the short term. Give that party a miss.

♍ Virgo
Aug. 24 - Sept. 23
You seem to be a lot more assertive and ambitious of late and that's good. Others will be mightily impressed by what you manage to accomplish but don't do it just for the applause — do it because it matters.

♎ Libra
Sept. 24 - Oct. 23
Just because others get emotional about silly things, does not mean you have to do the same. If certain people get on your nerves, remove yourself from their presence — at least for a while.

♏ Scorpio
Oct. 2 04 - Nov. 22
You will be on the move more than usual today and with Mars, planet of action, linked to your ruler, Pluto, you will accomplish a great deal. Just don't expect others to keep up with your frenetic pace. You'll exhaust them.

♐ Sagittarius
Nov. 23 - Dec. 21
Not even a Sagittarius can have everything their way so accept that what is happening now, while not to your liking, is something you have to put up with. Can you turn it to your advantage financially? Yes.

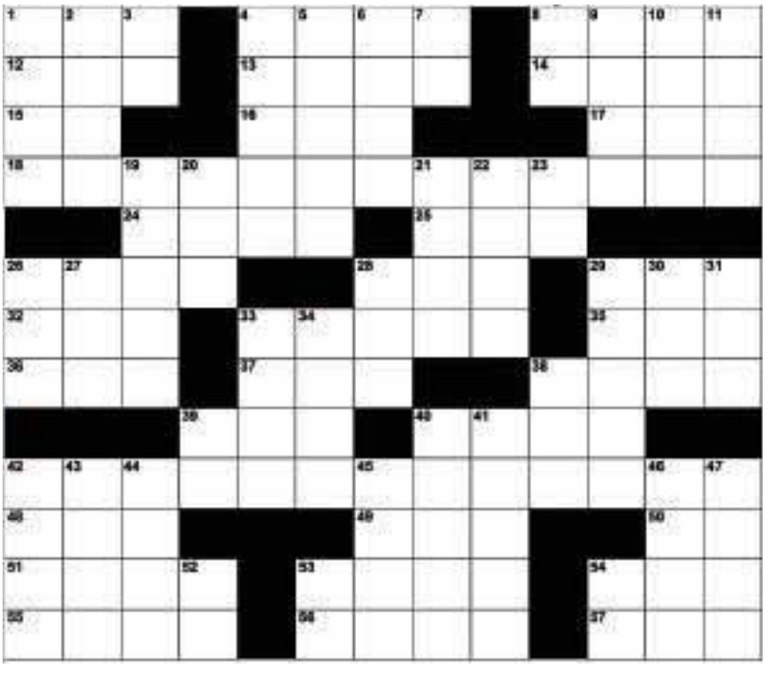
♑ Capricorn
Dec. 22 - Jan. 20
With both Mars and Pluto moving through your sign, you will be a winner now and for the remainder of the year. Focus your energy in a single direction and expect to be a huge success. What you expect, you will get.

♒ Aquarius
Jan. 21 - Feb. 19
Cosmic activity in the most sensitive area of your chart means you will be happier on your own today. You have lots to think about and you can't do that with everyone chattering around you.

♓ Pisces
Feb. 20 - March 20
Try not to be too aggressive in your opinions today. You are entitled to your viewpoint and you are entitled to express it, but the more you talk the less you will learn. No, you don't know it all. SALLY BROMPTON

Crossword

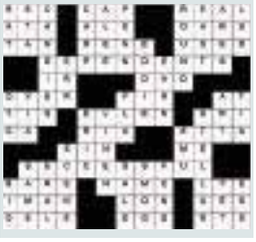
BY BETTY MARTIN



Across
1. Tennis serve
4. Wash
8. Land measure
12. Eggs
13. Greek God of Love
14. Someone who gets things done
15. Egg choice (abbr.)
16. Thing, in the courtroom
17. —: Crime Scene Investigation
18. Put off until tomorrow
24. Puts down
25. Dora the Explorer iguana
26. Cheryl or Alan
28. Building extension
29. Eggs partner
32. Onassis nickname
33. Large wooden box
35. Schnozz ending
36. Sault — Marie
37. Soak
38. Amazed
39. Canadian Automobile Association (abbr.)
40. East Indian dress
42. Escort
48. Poor grade
49. Form of address
50. Shoe width
51. The younger Guthrie
53. Clothes label seen often: —- in Canada
54. — and the City
55. Thaw
56. Mimicked
57. Pesticide

Down
1. Wind around
2. "Somewhere — the Rainbow"
3. University deg.
4. Small fruit
5. Sites
6. Throw the ball
7. Grades 9-12 (abbr.)
8. Commercial
9. Actress Imogene —
10. Take a break
11. A great lake
19. — but goodie
20. Rascal
21. Lean to one side
22. Survivor location, sometimes
23. Sha – Na
26. Nevada city — Vegas
27. Carney of The Honeymooners
28. Have a meal
29. Comedian Mandel
30. Lager
31. — Men
33. Study hard for a test
34. Gather
38. Upper appendage
39. Denver state
40. Mean
41. Hung out to dry
42. Sandler or Levine
43. Membrane
44. Prison room
45. Anon
46. Has to have
47. Send a phone message
52. Bible pt.
53. Mate for Pa
54. Neighbour of ND

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

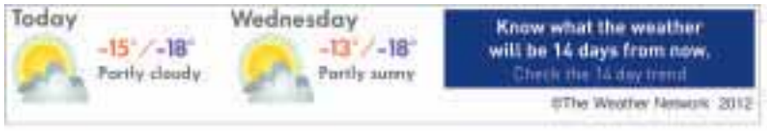
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

5				6				8
	6				3	7	1	
	3		7	4				
	1					6		
7		4				2		3
		9					4	
				3	9		2	
	5	8	4				3	
1				2				5

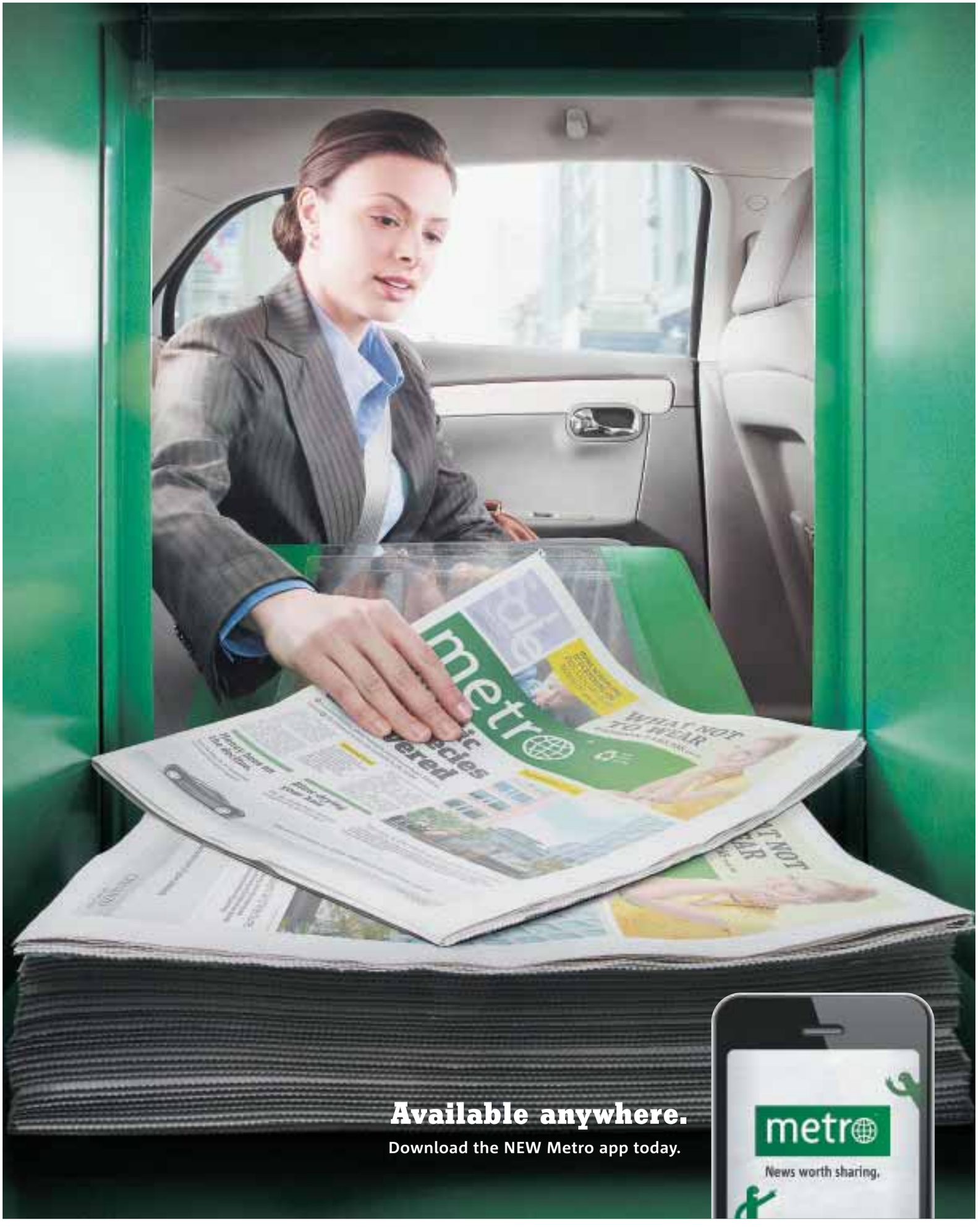
Yesterday's Sudoku

5	3	9	7	6	1	2	4	8
6	7	2	8	9	4	1	3	5
8	4	1	3	5	2	6	7	9
7	1	5	6	4	3	8	9	2
4	6	3	2	8	9	7	5	1
2	9	8	5	1	7	4	6	3
1	2	6	4	3	5	9	8	7
3	8	7	9	2	6	5	1	4
9	5	4	1	7	8	3	2	6



Sharability

easy — hard



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